

2 Day (12 Hour) Activity First Aid Course Level 2

Course Overview

Our twelve hour Activity First Aid Course is a comprehensive first aid course designed to enable learners to attain the knowledge and competencies needed to deal with emergency first aid situations which can arise when undertaking sports and outdoor activities such as swimming, hiking, rock climbing, etc. At the end of the course participants will be able to demonstrate the practical administration of safe, prompt and effective first aid in emergency situations.

Who is this course for?

This course is designed for people who are involved in all types of sport and leisure activities to provide First Aid when dealing with an emergency situation such as sports coaches, instructors, referees, youth workers and activity group leaders. There are no formal entry requirements but in order to benefit from the course participants should possess reasonable communication skills.

Course Content:

The role of a first aider
Use of first aid equipment
Acting safely and effectively in an emergency situation
Cardio Pulmonary Resuscitation (CPR)
Management of a seizure
Treatment of an unconscious casualty
Major illnesses epilepsy, asthma, diabetes, Angina, Heart attack, stroke
Extreme heat or cold
Chest and abdominal injuries
Bites & stings
Drowning injuries

Shock
Choking
Wounds & bleeding
Anaphylaxis
Burns and scalds.
Minor injuries and dressings
Suspected spinal injuries, fractures, dislocations,
Sprains and strains.
Head injuries
Poisoning
Injuries and foreign bodies in eyes or ear and noses

Duration: 2 day (12 Hours)

Cost: £745 for up to 12 delegates at your venue or join our many courses at hotel venues around the country for just £79 per person.

Certification: Certification is dependent on successful continuous assessment of the student with a multiple choice question paper. Those students who complete the course and are deemed to have reached the required standard are issued with an Activities First Aid Level 3 certificate that is valid for three years, after which the learner will need to retake the course in order to remain qualified. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

Additional information: All course materials and full colour first aid handbook for each participant are provided. This course is subject to continuous assessment of participants throughout the day by our professional, fully qualified, first aid instructor. Delegates attending this course must bring a valid form of photographic I.D.

Ask about our discounts for multiple course bookings from our wide range of first aid and health and safety courses.

OUR COURSES HAVE NO HIDDEN EXTRAS

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Why our customers choose Alderson Training

friendly company with many years' experience in delivering quality first aid training to businesses and organisations, however large or small across the UK.

We offer a range of flexible and cost effective training solutions to suit all types of businesses and organisations.

Our team of fully qualified and experienced instructors can come to you and deliver your group training course on site at a date and time to suit you.



**Contact our friendly office team to discuss your course requirements on
01302 315010**

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